

Baked Herbed Fish Fillets



Ingredients

- 4 white fish fillets such as flounder, fluke or pollack (about 1 1/4 lb. total)
- Salt and pepper
- 3 1/2 tablespoons unsalted butter
- 1 clove garlic, minced
- 2 tablespoons lemon juice (from 1 large lemon)
- 1 tablespoon capers, drained and rinsed
- 1 tablespoon finely chopped fresh tarragon

Preparation

- Preheat oven to 375°F. Butter bottom of a 9-by-13-inch baking dish. Arrange fish in dish, sprinkle with salt and pepper and dot with 1/2 Tbsp. butter. Bake until fish becomes opaque and tender when pierced with tip of a paring knife, about 10 minutes.
- While fish is baking, melt remaining 3 Tbsp. butter in a small saucepan over medium heat. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in lemon juice, capers and tarragon, then drizzle sauce over fish and serve.